

Date: \_\_\_\_\_

Name (first initial only) \_\_\_\_\_

## Dysfunctional Thought Record

**1. Describe the upsetting event, date, time:**

**2. Record your negative feelings.** Rate each one from 0 (the least) to 100 (the most). Use words like angry, guilty, sad, anxious, lonely, hopeless, frustrated etc.

Emotion	Rating before	Rating after

1. **All or nothing thinking:** You look at things in absolute, black-and white categories
2. **Overgeneralization:** You view a negative event as a never-ending pattern of defeat.
3. **Mental filter:** You dwell on the negatives and ignore the positives.
4. **Discounting the positives:** You insist that your accomplishments or positive qualities "don't count."
5. **Mind reading:** You assume that people are reacting negatively to you when there's no definite evidence for this
6. **Fortune telling:** You arbitrarily predict that things will turn out badly.
7. **Magnification or minimization:** You blow things up way out of proportion or you shrink their importance inappropriately.
8. **Emotional reasoning:** You reason from how you feel. "I *feel* like an idiot, so I really must be one." Or, I don't *feel* like doing it, so I'll put it off."
9. **"Should" statements:** You criticize yourself or others people with "shoulds" or "shouldn'ts." "Musts," "oughts," and "have tos" are similar offenders.
10. **Labeling:** You identify with your shortcomings. Instead of saying, "I made a mistake," you tell yourself, "I'm a jerk," "a fool," "a loser."
11. **Personalization & blame:** You blame yourself for something you weren't entirely responsible for, or blame others and overlook ways that your own attitudes and behavior might contribute to a problem.

### 3. The Triple Column Technique

Automatic Thoughts: <i>Write your negative thoughts and estimate your belief in each one.</i>	% belief in auto. thought	% belief-after	Distortions: <i>Identify the distortions in each Automatic Thought (see list)</i>	Rational Responses: <i>Substitute more realistic thoughts &amp; estimate your belief in each one.</i>	% belief in rational response

**4. Outcome:** Re-rate your belief in each automatic thought from 0 to 100. How do you feel now? Highlight one.

Not at all better                      Somewhat better                      Quite a bit better                      A lot better